

Edith Dalton James High School

Home and Family Management

Methods of Cooking Worksheet

Grade 8

Name _____

Grade _____

1. Methods of cooking are the different _____ in which we cook food.
2. _____ is the movement of heat to the food and through the food .
3. Pulse is prepared by _____ them in water.
4. Biscuits and breads are prepared by _____ them in an oven.

TRUE or False

1. Eggs can be prepared by boiling them _____.
2. Consuming a lot of fried foods is delicious and healthy _____.
3. All foods can be prepared using the same method _____.

Match column "A" with the correct response in column "B"

- | | |
|------------|------------|
| 1. Aroma | Look, Feel |
| 2. Texture | Taste |
| 3. Flavour | Smell |

Match the following pictures with the method of heat transfer



1. _____

2.



3.

